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CREATIVE HEMI-SYNC® APPLICATIONS

by Sharon O'Connor, EdD

Sharon O'Connor, EdD, is a management consultant and mommy of four who has been using Monroe Institute techniques in her work and personal life for about fifteen years. Between loads of laundry, she gardens, runs, writes, and successfully avoids most forms of housework.

When I joined the Dolphin Energy Club (DEC), Shirley Bliley, the DEC Service Coordinator, asked me to share some of my experiences with Hemi-Sync® over the years. TMI techniques have played an important role in birthing premature triplets, running the Boston Marathon, and working as a management consultant and educator.

After a long stretch of infertility, my husband and I were blessed with a set of triplets, two girls and a boy, in April of 1993. The synchronistic mystery of this event continues to awe us, as we had just lost three close loved ones—my father and both of my maternal grandparents—shortly before the triplets were born. At thirty-five weeks they weighed 4 pounds, 2 ounces; 4 pounds, 10 ounces; and 4 pounds, 15 ounces. Those weights are good for triplets but still quite small as babies go. From the moment of their birth, I mentally surrounded them in protective Resonant Energy Balloons (Rebals) of glittering white light that would allow in those good love vibes but keep out germs and any harmful energy. I had been on strict bed rest for twenty weeks prior to the births—my muscles atrophied and my belly grew to gargantuan proportions. I looked like a wood tick! I used a number of *H-PLUS® Functions* to heal my body (*H-PLUS Tune Up* worked very well) and was back running within six weeks after delivery. My obstetrician could not believe the speed of my recovery.

The first baby, Jessie, came home with me right away; the second baby, Anthony, came home five days later; and the littlest baby, Katie, stayed at the hospital for two weeks. While Anthony and Katie were at the hospital and I was physically at home, I would often go into a high Focus level and hold them so that they wouldn't be separated from that all-important mommy-love vibe. Well, they thrived, and nine years later my hands are full with a rambunctious crew of fourth graders and their three-year-old baby sister, Lil. I still use TMI techniques with them. In fact, just last night I was teaching Jessie how to use the Security Repository Box to contain her fears so she could fall asleep.

I have also successfully used Monroe techniques to train for, run, and recover from the Boston Marathon. I had my first out-of-body experience during a long training run before I had even heard of The Monroe Institute and had chalked the experience up to an excess of endorphins, a natural narcotic the body produces that induces a state some call the “runner’s high.” After attending a *GATEWAY VOYAGE®* I learned that this state was called Focus 15 and that I didn’t have to run to access it. I prepare for the marathon by mentally running each mile in Focus 15 before going to sleep for weeks prior to the race. Mind you, when I actually run the race my pace is not very fast. I ran it in four hours and twenty-one minutes last year, but I felt great pretty much the whole way. During the marathon, I use *H-PLUS Lightfoot* to get up Heartbreak Hill. If other runners are struggling, I mentally surround them in a positive energy

Rebal, which seems to bounce back and give me energy as well. I use some of the *H-PLUS* healing commands to recover after the race and am back running again in about three days—a good week or two earlier than most other marathoners who run at my pace.

Finally, Monroe techniques have helped me in all phases of my work. I use the *Concentration* tape when I'm writing, as well as Focus 15. I have also used various *METAMUSIC* tapes to relax and ground my audience during a training. But for me, most importantly, the skills that I've learned through The Monroe Institute have helped me to heal the parts of my soul that need healing. The beauty of this, as many of you know, is that self-healing helps one become a better healer. My work has taken me into some extraordinarily dysfunctional organizations. I find that using *H-PLUS Let Go* protects me from getting "sucked into the muck" of an organization's issues. I am most effective when my big old Ego takes a back seat and allows a higher energy to work through me. When this happens, it doesn't feel like "me" doing the work but something "outside" using me as a tool. I have also integrated my spiritual practice, *A Course in Miracles*, with my Monroe Institute methods and have come up with a way that works for me.

If any of you are in Boston on marathon day, look for me—I'm the one running those nasty hills with the smile on my face.

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